



Very easy
Prep Time: 5 min.
Cook Time: 10 min.
Inexpensive
Gluten free
Veggie
Vegan
Detox

Ingredients for 2 people :

2 cups of water
2 rosemary sprigs
2 thyme sprigs
2 mint sprigs
4 basil leaves
1 star anise

- Place all the ingredients in a pot along with the water.
- Bring to a boil and lower to let simmer during 2 to 3 minutes. Remove from the stove and let it brew for 7 minutes.
- Strain to remove leaves and sprigs and serve warm.



In order to keep the herbs fresh, rinse them with clear water and wrap them separately in a thick paper towel. Place them in a sealed container in your refrigerator so they stay fresh for a week or more.

